

combined in such a liquid syrup composition, will provide a syrup having the heat protective properties described herein. A preferred liquid syrup composition comprises from about 10% to about 90%, preferably from about 20% to about 80%, more preferably from about 30% to about 70% by weight of a viscosity providing agent, from about 5% to about 80%, preferably from about 5% to about 70%, more preferably from about 5% to about 30% by weight flavoring ingredients, from 0% to about 90%, preferably from 0% to about 80%, more preferably from about 20% to about 70% by weight bulking substance, from 0% to about 30%, preferably from about 1% to about 20%, more preferably from about 1% to about 10% by weight fatty acid glycerides, with the balance being water. Examples of viscosity proving agents useful in the present invention include, but are not limited to, soluble or dispersible sweeteners such as sucrose, glucose, fructose, and corn syrup; gums; pectin; starch; and mixtures thereof; with sweeteners being preferred for sweet hand-held snack items; and sucrose being more preferred for sweet hand-held snack items; and gum being preferred for savory hand-held snack items. Examples of flavor ingredients useful in the present invention include, but are not limited to, salt, cocoa powder, cheese powder, natural and artificial flavoring agents, and mixtures thereof. Examples of bulking substances useful in the present invention include, but are not limited to, starch, cellulose fiber, bean fiber, and mixtures thereof, with starch being preferred. The starch is preferred because it serves two functions of providing viscosity to the syrup and acting as a bulking substance. Examples of fatty acid glycerides useful in the present invention include, but are not limited to, vegetable oil, sunflower oil, safflower oil, cottonseed oil, canola oil, soybean oil, and mixtures thereof, with vegetable oil and sunflower oil being preferred.

In the Claims:

Please cancel claims 19 and 21 - 38 without prejudice.

Please add claims 39 - 70:

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32 Sub 02 40. A method according to claim 39 wherein said initial formed hand-held food item is a grain cake prepared from grains selected from the group consisting of